

## Time to Renew?

Kid Care CHIP coverage must be renewed every year. If it is your family's time to renew, renew online or over the phone.

**Online:** [www.wesystem.wyo.gov](http://www.wesystem.wyo.gov)

**Phone:** 855-294-2127



## Not sure when you renew?

Please e-mail [kidcarechip@wyo.gov](mailto:kidcarechip@wyo.gov)

## Contact Kid Care CHIP

For health and vision benefit questions call **Blue Cross Blue Shield of Wyoming:**  
1-800-209-9720

For dental benefit questions contact

**Delta Dental of Wyoming:**  
1-800-735-3379

Other questions  
E-mail [kidcarechip@wyo.gov](mailto:kidcarechip@wyo.gov)



6101 Yellowstone Road Ste. 210  
Cheyenne, WY 82002



# WYOMING

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## Important

*Some Kid Care CHIP Families Have Moved to Wyoming Medicaid*

Beginning April 1, 2015, Wyoming Medicaid and Kid Care CHIP changed their income requirements due to an increase in the Federal Poverty Guidelines.

### How do I know if my family has moved to Medicaid?

If your child's coverage has been moved to Wyoming Medicaid you should have received a letter in the mail from Kid Care CHIP. Your child may have moved to Medicaid if your monthly income falls under the amounts below.

### Monthly Income Below

Family Size	Ages 6-18	Ages 0-5
1	\$1,305	\$1,511
2	\$1,766	\$2,045
3	\$2,227	\$2,579
4	\$2,688	\$3,113
5	\$3,149	\$3,646
6	\$3,610	\$4,180
7	\$4,017	\$4,714
8	\$4,532	\$5,248

If you have additional questions please contact our Customer Service Center at 1-855-294-2127 or e-mail [kidcarechip@wyo.gov](mailto:kidcarechip@wyo.gov).

# National Physical Fitness Month



## Wyoming Kids & Sports

**Nicholas, Age 17**  
**Afton, WY**

*Skateboarding, Cross Country, Track*

**Why do you like to be active?** It is more fun to be in shape because it carries over into every aspect of your life. It feels good to exert yourself when you are in shape and being in shape makes everyday life more fun and easier. I like to run, trail run, and skateboard.

**Why do you like to skateboard?** I like to skate board because there is always a new trick to learn or a way to better yourself so

it is never boring. It is limitless, you can learn to do more and more.



**How do you feel when you are skateboarding?** It is a feeling of freedom. It is fun but you also get feelings of determination to push yourself and set goals. The feeling of agility and freedom are something hard to explain.

**Jaden, Age 11**  
**Cheyenne, WY**

*Football, Basketball*

**Why do you like to play football?**

It's been a sport I've always wanted to try. I played flag and wanted to upgrade to tackle. You can be rough without getting in trouble and it's more competitive.

**How do you feel when you are playing football?**

I feel nervous, anxious, good and accomplished.

**What's the best part of playing football?** Being on a team. The friends you make and the feeling of family. Also, you get to be outside playing a sport you love.



**Wyoming girls! We know you love sports too!**  
**E-mail [kidcarechip@wyo.gov](mailto:kidcarechip@wyo.gov) and tell us why you love to play.**

**Kids who play sports are more likely to have a better self image, get better grades, and graduate from high school.**

**Eli, Age 7**  
**Casper, WY**

*Hockey, Soccer and Baseball*

**Why do you like to play baseball?**

Because I want to hit a homerun.



**How would hitting a home run make you feel?**

Nice! Excited!

**What's the best part about playing sports?**

Seeing my friends.

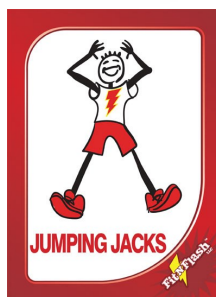
## Wyoming Educator Creates Award Winning FitNFlash

The typical child sits about 7.5 hours per day. This contributes to unhealthy habits and obesity.

Casper, WY resident Katrina Lorenzen wanted to help remedy this problem and developed FitNFlash, a tool for teachers and parents, to help

kids learn while being active.

FitNFlash are flash cards that combine questions and exercise for a fun break in regular classroom time or a normal evening of watching TV. The flash cards cover a



range of topics including: shapes, sequences, addition, subtraction, measurement, nutrition, and "My Code" cards reinforcing positive character traits. FitNFlash improves concentration, learning and behavior.

FitNFlash, LLC was a 2012 Innovation Challenge-Fight Against Childhood Obesity Semifinalist and a 2015 Small Business Administration "Spirit of Wyoming" award recipient.

These cards are also great for parents and can be used to get your kids moving and learning at home. For more information about FitNFlash for you or your child's school please visit [www.fitnflash.com](http://www.fitnflash.com).



FitNFlash in the classroom

